



LEADING THE JOURNEY

An E-newsletter on *EXCELLENCE* in Leadership

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Qualities of Effective Leaders

Leadership, NAD Principals' Handbook (excerpt)

Principals have a profound effect on what is valued in the school. The principal must embrace and act upon a set of internal, consistent beliefs and principles that will help him/her to:

- Demonstrate support of and loyalty to the philosophy, goals, and ideals of Adventist Christian education.
- Recognize that the school exists for the purpose of serving the needs of students.
- Promote a lifestyle that incorporates principles advocated by the Adventist Church.
- Ensure a high level of professional competence through planned and

systematic instructional leadership and supervision.

- Maintain high standards of integrity, fairness, loyalty, and confidentiality when dealing with local conference personnel, other school administrators, faculty, staff, parents, and students.
- Recognize that we are all children of God with the right to equality of opportunities according to abilities and without discrimination based on race, gender, or ethnic origin.
- Be proactive in assessing the need for, and initiating, effective change.
- Adhere to the adopted education policies of the local conference and union, accepted professional practice, and applicable state/provincial laws and statutes.

Worthwhile Sacrifice

Ian Mighty, Principal, Red River Valley Junior Academy

Sometimes during those quiet moments along the journey of my school leadership, I take time to ponder about the many sacrifices, which the position of principal requires. Away from the hustle and bustle of what the school house can be, thoughts of the demands associated with the office enter my mind. These demands can be quite varied. Kathleen Trail (2000) reminds us that the job of the school principal has evolved significantly over the last twenty years, and today's principal is constantly multi-tasking and shifting roles at a moment's notice. The demands of this role may even be expanded in our Seventh-day Adventist Schools due to our unique nature and structure. In many respects, the Adventist School Principal could be viewed foremost as a teacher, a psychologist, a philosopher, a facilities manager, a police officer, a diplomat, a social worker, a mentor, a public relations officer, a cheer leader and in many cases a pastor. With the startling high demands of being a principal; I ask myself, is it worth the

(Continued on page 2)

Benefits of Smiling

Dr. Mark Haynal, President, Burman University

One of the simplest ways to enhance your effectiveness as a teacher or administrator is to smile as often as is appropriate. A smiling person is typically rated as more trustworthy (Hehman, Leitner, Freeman, 2014) and approachable (Grandey, Fisk, Maltilla, Jansen, Sideman, 2005) than someone who is not smiling. Boston College researchers found that when someone who has done something wrong smiles their "punishers" (angry parents?!) tend to be more lenient than they would be to a non-smiling transgressor! (LaFrance, Hecht, 1995)

Smiling, even faking it, stimulates the release of neurotransmitters that make you feel happier and put you and those who see you in a better mood. (Gutman, 2011) King Solomon wasn't a neurobiologist but he was absolutely right when he wrote, "A friendly smile makes you happy and good news makes you feel strong." Proverbs 15:30 CEV.

Solomon also accurately wrote, "A joyful heart is good medicine." Proverbs 17:22 NASB. Researchers at the

(Continued on page 2)

The Disciplines of Leadership

In his book, *The One Thing You Need to Know**, Marcus Buckingham notes that “effective leaders don’t have to be passionate. They don’t have to be charming. They don’t have to be brilliant. They don’t have to possess the common touch. They don’t have to be great speakers.” What they must be is clear.” The human need for clarity is the most likely to give people confidence in their leaders. Leaders must be clear in showing others who we seek to serve, where our strength is, and show us what actions we need to take today.

Worthwhile Sacrifice

(Continued from page 1)

sacrifice? In looking for the answer, I am drawn to look at the legacies left by many of our past excellent school leaders, the legacies that have been created by our current administrators, and foremost, the legacy left by our Savior, Jesus Christ.

The Law of Sacrifice; John C. Maxwell’s 18th of 21 Irrefutable Laws of Leadership states that you need to be willing to make sacrifices in order to become a true leader. So yes, as true leaders, we will continue to sacrifice our time, energies, and ambitions for the greater good of ushering in the Kingdom of Jesus Christ. What about the sacrifice that Jesus Christ ultimately made on our behalf? Was it well worth it?

Throughout his life, Jesus was all about sacrifice—His whole life was a sacrifice. This is evident as we look beyond His sacrificial death to His equally sacrificial life. His daily walk was an example of the Golden Rule, doing for others what we would have them do for us (see Luke 6:31). Jesus said of Himself, "The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many" (Matthew 20:28). Thus, His life was dedicated to exhausting Himself through giving to others. He considered His many sacrifices as nothing compared to the tremendous future He would enjoy in the Kingdom of God. Maxwell (2007), *The Higher the Level of Leadership, the Greater the Sacrifice – The higher you go, the more it’s going to cost you. And it doesn’t matter what kind of leadership career you pick. You will have to make sacrifices. You will have to give up to go up. Armed with this reassurance, you and I can be assured that our sacrifice as Seventh-day Adventist principals is well worth it as we look forward to the beginning of what could be yet another demanding school year.*

To accomplish the ability to be clear, Buckingham cites three disciplines of leadership:

Discipline 1: Take Time to Reflect. Effective leaders take time out of their busy lives to think and reflect. They recognize that they need to take time to process what has happened and sift through the busyness in order to draw conclusions that allow them clarity.

Discipline 2: Select Your Heroes with Great Care. Effective leaders take care in selecting their heroes. This is not referring to role models. Instead, this discipline refers to the employees whose performance effective leaders choose to celebrate. Effective leaders celebrate those who capture what we consider to be our core strength. Celebrate those who reveal the future you are trying to create. This will tell your followers what behaviors are the building blocks of our better future.

Discipline 3: Practice. Effective leaders practice the words, images, and stories they will use to help us perceive the future more clearly. They don’t waste time trying to come up with newer and better speeches, but seek out new and bigger audiences and give the same speech.

*(This book is a “must read” for anyone in leadership!)

Benefits of Smiling

(Continued from page 1)

University of Kansas found that smiling lowers your heart rate and blood pressure (Kraft, Pressman, 2012) and boosts our immune system (Lyle, 2014). Smiling also tends to relax us and focus our attention, thus allowing us to do better at various tasks. (Ibid)

When you smile, people think you look an average of four years younger than they estimate your age to be when they see you not smiling (Riediger, Voelkle, Ebner, Lilman, 2011). There is also an intriguing relationship between smiling and longevity. Researchers at Wayne State University evaluated how “big” players’ smiles were using baseball cards from 1952. Players with no smile lived an average of 72.9 years. Those with partial smiles lived to be an average of 75 years old. Those showing big grins in their baseball card photo lived to an average age of 79.9 years! (Abel, Kruger, 2010)

Now you understand why God inspired Ellen White to write, “Smile, parents; smile, teachers. If your heart is sad, let not your face reveal the fact. Let the sunshine from a loving, grateful heart light up the countenance” (White, 2002).